

Postnatal care: Managing postpartum body changes

PREGNANCY TIPS AND ARTICLES

ARTICLE

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Bodily changes, such as weight gain, C-section scars, sagging breasts, stretch marks, varicose veins, and acne experienced by mums during or after pregnancy can be managed and improved.

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Pregnancy can come with plenty of joys but also some pain points. Here are some postnatal care tips on how to care for your post-pregnancy body. Brought to you by Wyeth Nutrition.

You just delivered a baby! Your little bundle of joy is a miracle and you couldn't be happier. But along with the many changes the baby has brought, you notice that your body has gone through plenty of changes too.

It starts with the weight gain, but throughout pregnancy some women also experience other bodily changes like c-section scars, sagging breasts, stretch marks, varicose veins, acne or melasma. Here are some postnatal care tips on how to combat each and every one of your concerns and don't worry mummy, you're not the only one going through this!

1. C-Section Scars

How to manage them: In most cases, c-section scars are as small as 4-6 inches and the incisions are typically made just below the pubic hairline. While showering, just let the soapy water run over the wound, then pat it dry afterwards. After the wound has healed, you can look into getting anti-scarring gels like Mederma. It is important for you to start treating the scars early for better results¹.

2. Sagging breasts

Sagging breasts is almost inevitable during a pregnancy because your breasts will definitely grow during the pregnancy and may return to their original size afterwards, making them appear saggy. A good way to manage this is to ensure you wear the right supportive undergarments for your breast size throughout the different stages of your pregnancy and be sure to do chest exercises post-pregnancy²!

3. Stretch marks

These are something you should be proud of because it's a sign that you have gone through one of the most profound experiences in a woman's life! But of course, as women, we would want to at least lessen the appearance of stretch marks as much as we can.

4. Varicose veins

These could occur from the weight gain and being on your feet during the pregnancy. However, the varicose veins should disappear on their own after 3-4 months. In the meantime, after birth, you should exercise daily - just a light stroll would do. Don't remain sedentary. Elevate your feet whenever possible and don't stand or sit for extended periods³.

5. Acne and melasma

While these are issues that not all women will experience when pregnant, it is common. Don't fret! The acne is the result of a hormonal change. Be sure to consult your dermatologist to get the right products to suit your skin during the pregnancy. And be sure to use plenty of sun protection to avoid melasma, or stay out of the sun altogether, during your pregnancy and afterwards too⁴!

Every body change can be managed easily with the right steps. One method is to supplement your diet during and after pregnancy with the S26 Mama product, which can help manage appropriate weight gain during pregnancy. With these postnatal care tips on managing a post-pregnancy body, you'll be on your way to bouncing back to that pre-pregnancy body quickly!

For more information on S26 Mama, visit
<https://www.wyethnutrition.com.sg/promama>

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